



# SPRING BREAK SPEED CAMP

**MARCH 6-8**  
**9AM-12PM**

**AGES 9-18**

*Athletes will be divided into training groups based on age.*

**INCREASE YOUR TOP-END SPEED**

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LEARN THE DRILLS & TECHNIQUES TO  
**INCREASE ACCELERATION AND  
MULTI-DIRECTIONAL QUICKNESS**

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LEARN CORRECT **SPRINT &  
RUNNING TECHNIQUES**

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BECOME MORE **POWERFUL  
AND EXPLOSIVE**

**PRE-REGISTRATION: \$189 / ATHLETE**

**DAY OF CAMP: \$199 / ATHLETE**

**BRING A FRIEND OR SIBLING:  
\$169 / ATHLETE**

*Please call MJP to receive the friend/sibling discount.*

*PARENTS: Please attend a 15-minute parent info meeting at 9am on the first day of camp.*

**JOIN OUR ROSTER: 469-424-6572**  
**MICHAELJOHNSONPERFORMANCE.COM/NEXTGEN**

**mjp | NEXTGEN**

**THE NEXT GENERATION  
IN ATHLETIC DEVELOPMENT**